

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

Reserve
aTX643
.H6

AD-33 Bookplate
(1-68)

NATIONAL

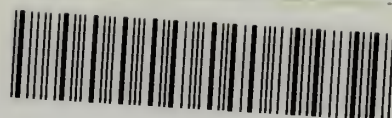
**A
G
R
I
C
U
L
T
U
R
A
L**



LIBRARY

How to Cook

Quik-Quiz



R0001 013747



U. S. DEPT. OF AGRICULTURE
NATIONAL AGRICULTURAL LIBRARY

JUN 24 1986

CATALOG

UNITED STATES DEPARTMENT OF AGRICULTURE

HOW TO USE THE BOOKLET

This booklet is adapted from a computerized quiz at the U.S. Department of Agriculture exhibit at the Museum of Science and Industry in Chicago, Illinois.

You can use the booklet to discover a series of interesting items about food and farms.

You will find 20 multiple choice questions in this subject matter category. There are four A-B-C-D answers to each question. One answer is correct. However, you will find some interesting comments about each of the A-B-C-D answers. The correct answer to each question is given in a key at the end of the booklet.

You can quiz and score yourself on what you already know simply by answering the multiple choice questions *before* you read any of the comments which follow the questions. Or you can score yourself on how well you can pick the correct answers *after* reading the comments.

HOW TO SCORE YOURSELF

After each question you will see a line that says:

Rank your choice:

You can do that by putting the most likely of the A-B-C-D answers first, and the least likely last. Then rate the middle two. Your answers to a question might look like this: C A B D .

You can then score yourself easily. Check your answers with the key at the back. Let's say that "C" is the correct answer. Just look under the "C" in your answer and circle the 5 like this:

C	A	B	D
<u> </u>	<u> </u>	<u> </u>	<u> </u>
5	3	1	0

Now suppose the correct answer is "B". Look under your "B" answer and circle the 1 like this:

C	A	B	D
<u> </u>	<u> </u>	<u> </u>	<u> </u>
5	3	1	0

There is only one correct answer to each question. The three remaining answers are all wrong. Your score is based on how close you come to putting the correct answer first.

Now, go ahead and select your answers, and have some fun. Read the comments that accompany each possible answer, and you'll discover many interesting facts about food and farming.

1. WHAT IS PROBABLY THE MOST
IMPORTANT SAFETY FEATURE IN YOUR
KITCHEN?

- A. A bug bomb
- B. A fire extinguisher
- C. Clean hands
- D. A correct oven thermostat

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. A BUG BOMB

Insects can contaminate food, besides eating it up, and insects should not be living in the kitchen. Pesticides, properly applied, can be used to control insects, but good housekeeping and food storage habits are just as important.

B. A FIRE EXTINGUISHER

A fire extinguisher in the kitchen is a good idea. A handy box of baking soda is excellent for grease or electric fires. It is also important to keep appliances in good repair and use the proper heat for cooking.

C. CLEAN HANDS

Keep hands clean when cooking. They can carry bacteria. Wash hands with soap and water after touching raw meat, eggs or poultry and before working with other foods. Wash hands after handling pets or going to the toilet.

D. A CORRECT OVEN THERMOSTAT

Incorrect thermostats on ovens and appliances are a problem. Food that is "burned outside and raw inside" ruins appetites and a cook's reputation.

2. WHICH OF THESE IS THE CORRECT WAY TO THAW FROZEN MEAT AND POULTRY?

- A. Uncovered on the counter top
- B. In the refrigerator
- C. In the oven
- D. In hot water

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. UNCOVERED ON THE COUNTER TOP

Counter top thawing can be done safely, but it is recommended only if the food is in an air tight, double paper bag. The bag is an insulator that keeps the outside of the food cool—to retard bacterial growth—while the inside of the food thaws.

B. IN THE REFRIGERATOR

The refrigerator is cold, but still warmer than the freezer. Wrap the meat and poultry to keep it from drying out or becoming contaminated. It will thaw slowly in temperatures still cold enough to keep bacteria from growing and spoiling the food.

C. IN THE OVEN

An oven is for cooking food. A likely result of thawing food in an oven is that the food would be cooked on the outside and still frozen on the inside.

D. IN HOT WATER

Food thawed in hot water will likely be at temperatures within the danger zone for rapid bacterial growth—60°-125°.

3. TO REDUCE MEAT SHRINKAGE WHEN COOKING, AND TO RETAIN QUALITY, YOU SHOULD:

- A. Use very high heat
- B. Soak in water before cooking
- C. Cook at very low heat
- D. Use moderate heat; let it shrink

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. USE VERY HIGH HEAT

Meats shrink because of the loss of fat and juices. High cooking temperatures cause more loss at a faster rate. Basically, the higher the temperature, the greater the loss of fat and juices.

B. SOAK IN WATER BEFORE COOKING

Soaking meat in water has little effect on shrinkage. Flavor and nutrients will likely just "soak" out.

C. COOK AT VERY LOW HEAT

This would cut down on shrinkage all right. But you might have unshrunk, undercooked, tough, and possibly bacteria-inhabited meat for dinner.

D. USE MODERATE HEAT; LET IT SHRINK

All meats shrink some in size and weight during cooking. Moderate temperatures (325-350 degrees F) will reduce shrinkage to a minimum and help retain juices and flavor.

4. WHY DOES GROUND BEEF SOMETIMES
RELEASE A LOT OF "JUICE" WHILE
COOKING?

- A. Heat melts ice crystals in the meat
- B. It has been uncovered too long
- C. The cooking temperature is too high
- D. The meat is too fresh

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. HEAT MELTS ICE CRYSTALS IN THE MEAT

Some stores grind beef that's still frozen. The ice crystals melt as the meat cooks. The same thing happens if meat is frozen in large packages at home. Large packages slow the freezing so crystals form in cells, breaking them down and releasing meat juices.

B. IT HAS BEEN UNCOVERED TOO LONG

Meat will lose moisture and dry out if not wrapped in wax paper, transparent film, or such. It may lose still more juice from cooking. Uncovered meat may also pick up bacteria from the air.

C. THE COOKING TEMPERATURE IS TOO HIGH

Higher temperatures cause a greater loss of meat juices, but some ground beef will release juices even at moderate or low temperatures.

D. THE MEAT IS TOO FRESH

Grinding may expose more meat surface to bacteria in air, on butchers' hands, and on equipment. The fresher the meat when purchased and used, the better.

5. IN WHAT TYPES OF RECIPES CAN YOU USE HONEY IN PLACE OF SUGAR?
- A. Only in recipes for desserts
 - B. Only in recipes for "soft" foods
 - C. Only for foods that start with "B's"
 - D. In most recipes that call for sugar

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. ONLY IN RECIPES FOR DESSERTS

You can use honey in place of sugar, without modifying the recipe, in such dishes as candied vegetables; sweet-sour meats and vegetables; salad dressings; and more.

B. ONLY IN RECIPES FOR "SOFT" FOODS

You can use honey, measure for measure, in place of sugar in "soft" foods such as custards and puddings. It can also replace part of the sugar in such items as gingersnaps.

C. ONLY FOR FOODS THAT START WITH "B's"

Bees, of course, start the whole honey operation. When you eat honey, you indirectly help increase supplies of more than 50 important crops which are pollinated by bees.

D. IN MOST RECIPES THAT CALL FOR SUGAR

You can substitute honey for all the sugar in many recipes. In others, you can use it to replace part of the sugar without changing the recipe. Honey can replace $\frac{1}{2}$ the sugar in brownies; $\frac{1}{3}$ for gingersnaps; and $\frac{2}{3}$ for fruit bars.

6. THE AMOUNT OF WATER YOU USE TO COOK FRESH VEGETABLES IS IMPORTANT BECAUSE:

- A. Lots of water slows nutrient losses
- B. A little water saves more nutrients
- C. Heat makes vegetables thirsty
- D. Lots of water steams up the kitchen

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. LOTS OF WATER SLOWS NUTRIENT LOSSES

When you use lots of water, you waste: Water, the heat to boil it, the nutrients that may dissolve in water, and your time when you have to wash a bigger pot than necessary.

B. A LITTLE WATER SAVES MORE NUTRIENTS

The less water you use, the more nutrients stay in the food. Use ½ to 1 cup of water for 6 servings of young, tender vegetables. Just cover root vegetables. For greens, use only the water that clings after washing.

C. HEAT MAKES VEGETABLES THIRSTY

Some vegetables may get thirsty because they absorb a lot of water when cooking. Dry beans, for instance. However, some fresh vegetables lose water when cooked.

D. LOTS OF WATER STEAMS UP THE KITCHEN

Water boiling on the stove will vaporize into steam in the kitchen. But the important thing is to use the right amount of water on fresh vegetables to retain the most vitamins and minerals.

7. WHY IS IT A GOOD IDEA TO PRICK A POTATO OR SWEETPOTATO WITH A FORK BEFORE BAKING?

- A. So the heat can penetrate inside
- B. So steam can escape during baking
- C. It makes pretty designs on potatoes
- D. It's traditional. Indians did it.

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. SO THE HEAT CAN PENETRATE INSIDE

A potato or sweetpotato will bake—pricked or not—in about 40-60 minutes in a 350-375 degree F oven.

B. SO STEAM CAN ESCAPE DURING BAKING

Steam can build up inside the skins and they may burst in the hot oven—a mess that you'd rather not have to clean up.

C. IT MAKES PRETTY DESIGNS ON POTATOES

A hot baked potato or sweetpotato is its own best design—lying on your plate, split along the top, busily steaming, and bathed in melting butter.

D. IT'S TRADITIONAL. INDIANS DID IT.

Indians were the first users of potatoes and sweetpotatoes. They may have pricked them with a fork, or an arrow, or a spear. But whether they did or not, it is still a good idea.

8. THE DIFFERENCE BETWEEN HERBS AND SPICES IS:

- A. Where they grow
- B. How they are used
- C. How they are processed
- D. About \$10 a pound

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. WHERE THEY GROW

The term, "spices," as generally used, includes both herbs and true spices. Herbs are leafy parts of plants from Temperate Zones; spices are parts (seeds, buds, fruit, bark, roots, etc.) of plants from Tropical Zones.

B. HOW THEY ARE USED

There is no rule on the right amount of herbs or spices to use or on what foods they are used. Pungency of each spice or herb differs as does its effect on different foods.

C. HOW THEY ARE PROCESSED

Spices are usually dried and sold whole or ground; herbs, dried or fresh. Herbs and spices are stored in cool, dry places in tightly-covered containers. Whole spices keep almost indefinitely; ground spices and herbs for several months.

D. ABOUT \$10 A POUND

Some people think both herbs and spices are expensive. They are if used by the pound. Prices are influenced by demand, difficulty in growing plants, tiny yields of some spices, geographic locations, and tedious processing.

9. WHAT CAUSES FILM TO FORM ON TOP OF MILK BEING HEATED?

- A. It is cream released by the heat
- B. It is protein coagulated by the heat
- C. It is calcium solidified by the heat
- D. It is the "skim" of the milk

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. IT IS CREAM RELEASED BY THE HEAT

Most fresh pasteurized milk on the market is homogenized, which mixes the fat evenly through the milk. Heat will not separate the cream.

B. IT IS PROTEIN COAGULATED BY THE HEAT

At high temperatures, protein in milk coagulates. It makes a film on top of the milk and coats the sides of pans. Heat milk slowly at low temperatures; do not boil it. With care, milk can be heated over direct heat, but a double boiler is better.

C. IT IS CALCIUM SOLIDIFIED BY THE HEAT

Milk is a main food source of calcium. In fact, the recommended daily amounts of milk are based on the amount of calcium that milk supplies. The film may contain calcium along with other nutrients, but it is not solidified calcium.

D. IT IS THE "SKIM" OF THE MILK

Skim milk is milk after most of the fat is removed. It contains not more than 0.5% fat and at least 8.25% nonfat milk solids. Fortified skim has vitamins A and D added, less than 0.5% fat and at least 8.25% solids.

10. IN MAKING HOMEMADE TOMATO SOUP, THE TOMATOES WILL NOT CURDLE THE HOT MILK IF YOU:

- A. Thicken the milk or the tomato juice
- B. Stir the soup with a wooden spoon
- C. Heat the milk-tomato mixture quickly
- D. Use potatoes instead

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. THICKEN THE MILK OR THE TOMATO JUICE

First, thicken the milk with flour, then add the tomato juice just before serving. Or thicken the tomato juice and add to the hot milk just before serving.

B. STIR THE SOUP WITH A WOODEN SPOON

Wooden spoons are great in the kitchen. They don't scratch pans or get hot and burn fingers. Stirring with a wood spoon will, of course, keep the soup from sticking.

C. HEAT THE MILK-TOMATO MIXTURE QUICKLY

Heat the milk slowly over low heat to prevent forming a film on top, boiling, off-flavors and scorching. Quick cooking will not prevent curdling.

D. USE POTATOES INSTEAD

You will avoid curdled milk, but you will have potato soup instead of tomato soup.

11. WHAT IS THE MAIN DIFFERENCE BETWEEN A BROWN EGG AND A WHITE EGG?

- A. The color
- B. Brown eggs take longer to cook
- C. White eggs are more nutritious
- D. Brown shells break easier than white

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. THE COLOR

Brown and white eggs are sisters under the shell. The color of the egg shell is determined by the breed of hen that laid it. The color does not affect the nutritive value or quality of an egg.

B. BROWN EGGS TAKE LONGER TO COOK

Cooking time and methods are the same for brown and white eggs. Whether brown or white, in the shell or out, all eggs should be cooked with low or moderate heat for just the right length of time.

C. WHITE EGGS ARE MORE NUTRITIOUS

The shell color makes no difference in the nutritive value of an egg. Nor does the grade—a Grade B egg is as high in nutrients as a Grade A egg.

D. BROWN SHELLS BREAK EASIER THAN WHITE

Any egg shell, no matter the color, will break easily. Be careful when using cracked or soiled eggs. They may contain bacteria and should be cooked thoroughly or be used in foods that are cooked thoroughly.

12. SOME PEELED AND CUT FRESH FRUITS
TURN BROWN. YOU CAN AVOID THIS BY:

- A. Washing the cut part with soap
- B. Dipping in grapefruit juice
- C. Dipping in boiling water
- D. Using a sharp knife to cut with

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. WASHING THE CUT PART WITH SOAP

The time to wash fruit is before using it, raw or cooked, to remove dirt, bacteria, or any chemical residue.

B. DIPPING IN GRAPEFRUIT JUICE

Some fruits—apples, peaches, pears and bananas—turn brown if allowed to stand after peeling and cutting. To minimize discoloration, dip these fruits into lemon, lime, grapefruit, orange, or pineapple juice.

C. DIPPING IN BOILING WATER

Dipping in boiling water may retard the browning briefly. But it will also tend to cook the fruit, especially if it is cut into small pieces. Instead of fresh fruit salad, you might have cooked fruit salad.

D. USING A SHARP KNIFE TO CUT WITH

Sharp or dull, the knife will cut the fresh fruit into sections. It's what happens after that which determines whether the fruit will turn brown.

13. WHEN SERVING A HOME CANNED
VEGETABLE OR MEAT, YOU SHOULD:

- A. Taste before cooking
- B. Cook gently until heated through
- C. Boil, boil, and boil before eating
- D. Leave it on the shelf 6 months

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. TASTE BEFORE COOKING

Never, never taste home canned vegetables or meats before cooking. Don't taste them after cooking either if they have an off-odor or foam or look spoiled. What they have may be hazardous to your health—and life.

B. COOK GENTLY UNTIL HEATED THROUGH

Be gentle with your home canned foods if you wish—right up to cooking time. Then take a no-nonsense stand. Home canned foods, improperly processed and cooked, can harbor harmful organisms that will not treat you gently.

C. BOIL, BOIL, AND BOIL BEFORE EATING

Bring home canned vegetables to a rolling boil, cover, and boil for at least 10 minutes. Boil spinach and corn 20 minutes. All before tasting.

D. LEAVE IT ON THE SHELF FOR 6 MONTHS

All that hard work does look nice lined up on the shelf. If properly canned and stored in a cool, dry place, it will be good eating for a year. But why wait? Eat and enjoy.

14. WHAT IS A SARATOGA CHOP?

- A. A boneless lamb chop
- B. A punch allowed in wrestling
- C. A meat substitute made of carrots
- D. Food named by a Roman called Sara

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. A BONELESS LAMB CHOP

A boneless lamb chop is made from the inside shoulder muscle. As with bone-in lamb chops, it is good broiled, pan broiled or pan fried. And there's no bone to throw away.

B. A PUNCH ALLOWED IN WRESTLING

An extremely undisciplined wrestler might throw a Saratoga chop. More likely he would eat one, because it contains body-building protein, iron, thiamin, niacin and riboflavin.

C. A MEAT SUBSTITUTE MADE OF CARROTS

Carrots would go very well as a side dish with a Saratoga chop, or could be cooked with one.

D. FOOD NAMED BY A ROMAN CALLED SARA

Romans, called Sara or something else, probably ate Saratoga chops, under another name, of course. The Romans enjoyed many different foods from countries they conquered, including many of the foods we have today.

15. YOU CAN VIRTUALLY ELIMINATE BACTERIA IN FRESH MEATS BY:

- A. Federal inspection
- B. Thorough cooking
- C. Washing
- D. Freezing

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. FEDERAL INSPECTION

Bacteria live in our air and surroundings. It is impractical to try to produce or market sterile fresh meats when bacteria can get onto meat any time before inspection or after inspection.

B. THOROUGH COOKING

Fresh meats with high bacterial count are not necessarily a hazard to health as long as you thoroughly cook the meat and use proper handling practices.

C. WASHING

Washing will remove some bacteria on the surface of the meat but will not remove all bacteria. Washing is unnecessary if the meat is properly prepared and handled.

D. FREEZING

The cold will stop bacteria from growing. But once the meat is thawed, the bacteria that were on the meat will go right back to multiplying.

16. WHICH OF THE FOLLOWING IS *NOT* A CONVENIENCE FOOD?

- A. A can of green beans
- B. A bag of pre-packaged turnips
- C. A box of dog food
- D. Frozen french fries

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. A CAN OF GREEN BEANS

A can of green beans is convenient when compared with fresh beans. The processor has washed, snapped, cut and cooked the beans for you. Canned green beans are especially convenient when fresh beans are not available.

B. A BAG OF PRE-PACKAGED TURNIPS

If you eat these turnips, raw or cooked, you must prepare them from scratch. The turnips do have some services built-in: Someone has washed off most of the dirt for you and put the turnips in a handy reusable storage bag.

C. A BOX OF DOG FOOD

Whether dry or canned, any prepared pet food is a convenience to a pet owner. From the dog's point of view, as long as the food is convenient, that's what counts.

D. FROZEN FRENCH FRIES

Frozen french fried potatoes are one of our most popular foods: No washing, no peeling, no cutting. Since the early 1960's, frozen french fries have increased consumption of frozen potatoes 300 percent.

17. WHEN IS IT SAFE TO REFREEZE FOODS THAT HAVE THAWED?

- A. Never
- B. If ice crystals remain in the food
- C. Only in the wintertime
- D. If the food temperature is not over 50°.

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. NEVER

Tests show that frozen foods that have thawed can be safely refrozen under some conditions. Refreezing does reduce quality, particularly of fruits, vegetables and prepared foods; quality of red meats are affected less than many foods.

B. IF ICE CRYSTALS REMAIN IN THE FOOD

Frozen foods that have thawed can be safely refrozen if they still contain ice crystals or if they are still cold—about 40 degrees F—and have been held at this temperature no longer than 1 or 2 days.

C. ONLY IN WINTERTIME

Winter or summer, you can refreeze food if you follow proper procedures. In seasons when power failures often occur in your area, you might want to run the freezer at minus 10 to minus 20 degrees; zero or below is the recommended normal setting.

D. IF THE FOOD TEMPERATURE IS NOT OVER 50°

Foods that have thawed and warmed to 40 degrees or more are not likely to be fit for refreezing. Never refreeze cooked foods, shellfish, vegetables or ice cream if they are completely thawed. Bacteria grow rapidly in these foods.

18. THE TERM "PANNING" VEGETABLES MEANS:

- A. Storing vegetables in a pan
- B. Giving vegetables a bad review
- C. A quick cooking method for vegetables
- D. Another term for boiling vegetables

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. STORING VEGETABLES IN A PAN

You may store cooked vegetables in a pan, or other container, tightly covered. Store most fresh vegetables in a crisper or moisture-proof bag. Refrigerate promptly.

B. GIVING VEGETABLES A BAD REVIEW

Without colorful, nutritious, tasty vegetables, life would be a tragedy with less variety or romance (tomatoes were called love apples). Remember, bad reviews hurt; vegetables have hearts—especially artichokes and celery.

C. A QUICK COOKING METHOD FOR VEGETABLES

To pan vegetables, cook them quickly in a covered frying pan with a small amount of fat or oil. It's a good way to conserve nutrients in succulent vegetables such as cabbage, kale, summer squash and collards.

D. ANOTHER TERM FOR BOILING VEGETABLES

Cooking food in hot, bubbling water is "boiling," which can be done in a pan or kettle or even in a bucket. If you boil carrots or potatoes in their own skins, you save more of the nutrients.

19. IN BAKING, WHAT IS THE DIFFERENCE BETWEEN "DOUGHS" AND "BATTERS"?

- A. Doughs contain sugar; batters do not
- B. Batters have more liquid than doughs
- C. Doughs take longer to bake
- D. There is no difference

Rank your choices: — — — —

1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. DOUGHS CONTAIN SUGAR; BATTERS DO NOT

Sugar is often used in baking. Sugar adds flavor, increases tenderness and volume, and helps to brown crusts. Sugar may or may not be an ingredient in either doughs or batters.

B. BATTERS HAVE MORE LIQUID THAN DOUGHS

A mixture thick enough to be rolled or kneaded is a dough. A mixture thin enough to pour or to drop from a spoon is a batter.

C. DOUGHS TAKE LONGER TO BAKE

Baking time varies among different batters and doughs. Baking times range from 15 minutes for biscuits to 45 minutes for holiday breads (both doughs) or from 5 minutes for waffles to 1 hour for pound cake (both batters).

D. THERE IS NO DIFFERENCE

There is a difference between doughs and batters. It's "how much" of one ingredient that makes the difference. In any baking, "how much" makes a difference. One of the keys to successful baking is exact measurement of ingredients.

20. WHEN CHEESE HAS DRIED OUT AND BECOME HARD, YOU SHOULD:

- A. Heat it in an oven to soften it
- B. Grate it and use it
- C. Throw it out; it can't be saved
- D. Use it for a paperweight

Rank your choices:
 1st 2nd 3rd 4th

Circle your score: 5 3 1 0

A. HEAT IT IN AN OVEN TO SOFTEN IT

Dried cheese needs moisture. Cheese keeps best tightly covered or wrapped and refrigerated. To store a large piece for an extended time, you can dip the cut surface in melted parafin.

B. GRATE IT AND USE IT

Grate the cheese and store in a tightly-covered jar. Cheese blends more readily with other ingredients and melts faster if you grate, shred, or dice it first. One-half pound of cheese yields about 2 cups of shredded cheese.

C. THROW IT OUT; IT CAN'T BE SAVED

There may be hope. Cut away any mold—unless it is mold-ripened cheese such as Blue. If the mold is just too much, all through the cheese, or if the cheese is just too hard for your knife—throw it away.

D. USE IT FOR A PAPERWEIGHT

A cheese paperweight will catch the eye, all right. And probably the nose, too. A problem is that fat tends to ooze out of dried cheese.

CORRECT ANSWERS
HOW TO COOK

- | | | | |
|------|-------|-------|-------|
| 1. C | 6. B | 11. A | 16. B |
| 2. B | 7. B | 12. B | 17. B |
| 3. D | 8. A | 13. C | 18. C |
| 4. A | 9. B | 14. A | 19. B |
| 5. D | 10. A | 15. B | 20. B |

U.S. DEPARTMENT OF AGRICULTURE EXHIBIT

If you would like to take a similar quiz at the U.S. Department of Agriculture exhibit at the Museum of Science and Industry in Chicago, the quiz will be there throughout 1978. The Museum, at 57th Street and Lake Shore Drive, which houses a fabulous collection of educational exhibits, is open every day of the year except Christmas.

More than four million people visit the Museum each year, spending an average of 3½ hours each with the various exhibits.

The U.S. Department of Agriculture exhibit, which will be at the Museum permanently, is built around the theme, "Your Five Acres." It shows that the nation now has an average of five acres of farmland per person, down from eleven acres a number of years ago. The average will become even less than five acres as population grows. What that means to you is depicted graphically in the exhibit.

A fast-paced TV-type show on a huge panel called "You Bet Your Crop," in which a slick quizmaster interviews a farmer about his business, is one of the highlights of all the Museum exhibits.

You can also get an interesting booklet about the facts in the exhibit, entitled "The Secret of Affluence." Either ask for it at the Museum front office or write, Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250.

WANT OTHER PUBLICATIONS?

QUIK-QUIZ BOOKLETS

This quiz on HOW TO COOK is one of several QUIK-QUIZ question-and-answer leaflets. Check any of the following which you may want free while they last (single copies only):

- | | |
|--------------------|-------|
| How to cook | _____ |
| What food costs | _____ |
| Good nutrition | _____ |
| Foods for overseas | _____ |

Continued on back page

Facts about farm crops
Facts about farm animals
Your best environment
Facts about world hunger
Business of farming
School lunches and food stamps

OTHER PUBLICATIONS:

Want to know more about buying, cooking and serving food? Single copies of the following are available free while supplies last:

Conserving Nutritive Values in Food
Tips on how to store and prepare foods to save nutrients.

Family Fare
Handbook for everyday use, whether you are learning to cook or are experienced. Tells how to get the nutrients you need from a variety of foods and lists taste-tested recipes and well-balanced meals.

Food in Family Meals Series:

These booklets tell how to buy, store, prepare and serve a variety of different foods.

Eggs in Family Meals
Vegetables in Family Meals
Poultry in Family Meals
Cheese in Family Meals
Beef and Veal in Family Meals
Lamb in Family Meals
Fruits in Family Meals
Milk in Family Meals
Pork in Family Meals
Apples in Appealing Ways
Nuts in Family Meals
Breads, Cakes, and Pies in Family Meals
Soybeans in Family Meals

Keeping Food Safe to Eat
Information on how to store, handle, prepare and serve food to keep it safe and wholesome.

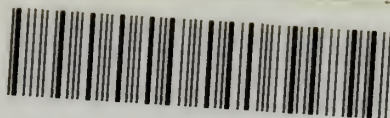
Send single copies of the leaflets marked above (please print):

Name _____
Street and No. _____
City _____ State _____ Zip _____

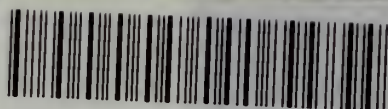
Mail your request to:

Special Reports Division
Office of Governmental and Public Affairs
U.S. Department of Agriculture
Washington, D.C. 20250

Note: For quantity requests of these publications write to the Special Reports Division, giving the quantity, noting number you wish, and how they would be used.



R0001 013747



R0001 013747